

50 HOUR

Yoga Nidrā & Meditation Immersion

April 7-11, 2027 | Edinburgh, Scotland

Immerse yourself in the practice and philosophy of Yoga Nidrā and Meditation, in a setting rooted in nature, culture and history.

This **Yoga Alliance**–recognised program is eligible for continuing education hours, for those pursuing further certification with Tofino Yoga, or anyone looking to deepen their **meditation and relaxation practice**. Everyone is welcome and experience teaching Yoga is not necessary.



Faculty



Dede Monette

Dede's journey with Yoga began in childhood, guided by an innate curiosity and a deep connection to nature. With over 20 years of teaching experience, she shares Yoga in a way that is rooted, and compassionate. As the Tofino Yoga School Lead trainer, Dede and her faculty have graduated over 100 students from all over the world. When she is not teaching, Dede is happiest with sandy feet and salty hair with her passport nearby.

Course Highlights



Yoga Alliance Certified

This continuing education program is recognized by **Yoga Alliance** and is eligible for those pursuing their 500 hour certification when all three 100hr CE modules are completed through Tofino Yoga School.



Set Amidst Historic Beauty

Set in the **heart of Edinburgh**, each day consists of study and practice in a city long known for its wisdom, creativity, and cultural depth, making it a perfect setting for inner exploration



Open to Everyone

This immersion is designed for both Yoga teachers and those working with nervous system regulation, such as nurses, teachers or counsellors, as well as anyone looking for an opportunity to **slow down and reconnect**.



Comprehensive Curriculum

An **in-depth** study into the history of Restorative and Yin Yoga, anatomy, philosophy, foundations and applied methodology.

Curriculum

History

Explore the roots and evolution of Yoga Nidrā and meditation, from their origins in tantric and yogic tradition to their modern clinical applications (iRest, trauma-informed adaptations), and understand their unique place in contemporary wellness and yoga teaching.

Philosophy

Delve into the philosophical foundations of consciousness and awareness across the yogic traditions, including the koshas (layers of being), the states of waking, dreaming and deep sleep, and the practice of sankalpa (intention) as a tool for transformation.

Foundations

Learn the core principles and structure of a Yoga Nidrā practice: body scanning, breath awareness, rotation of consciousness, and visualization, alongside foundational meditation techniques such as mantra, mindfulness and concentration (dharana) practices.

Nervous System & Anatomy

Gain essential insight into the nervous system — particularly the parasympathetic response — and how deep relaxation practices support regulation, recovery and resilience. Learn to guide practices with safety and sensitivity for varying needs, including trauma-aware considerations.

Yoga Energetics

Understand the subtle body systems, koshas, chakras and prana, and how they inform the sequencing and intention of a Yoga Nidrā or meditation practice, supporting deeper release and energetic balance.

Practice & Integration

Develop the skills to script, guide and hold space for a Yoga Nidrā or meditation session, and explore how consistent practice supports long-term integration, emotional processing and self-inquiry — both on and off the mat.



Daily Schedule



Our 10-day immersive training blends focused daily learning and intentional rest.

While timings may shift slightly, this structure is designed to support a balanced blend of study, connection & reflection.

8:00am - 9:00am | Yoga Asana

9:00am - 9:30am | Breakfast

9:30am - 1:00pm | Lecture

1:00pm - 2:00pm | Lunch

2:00pm - 4:45pm | Lecture

4:45pm - 5:00pm | Break

5:00pm - 5:30pm | Gentle Practice

6:00pm | Group activity*

*Some evenings may be required for satsang or other group activities.



Join us at the Salisbury Centre for a 5-day immersive journey into the art of Yin and Restorative Yoga, where transformative teachings meet intentional rest.

Apply today at
tofinoyoga.com

Tuition
£777

**Questions About Our 50hr
Yoga Teacher Training?**

We're happy to connect and support you in making the right choice for your journey. Email us at **info@tofinoyoga.com**.

